

Grilled Grouper with Chili-Lime Butter

Fire up the grill for a healthy, warm-weather meal that's great for your health.

Ingredients:

- 3 tablespoons butter, softened
- Grated peel of 1 lime
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 4 grouper fillets (6 ounces each), each 3/4" thick
- 2 teaspoons chopped fresh cilantro (optional)



Directions:

Place the butter, lime peel, chili powder, and salt in a small microwaveable bowl. Microwave on medium power until the butter is melted, 1 minute.

Coat a grill rack with cooking spray. Preheat the grill. Brush the fish on both sides with the chili-lime butter. Sprinkle with the cilantro (if using). Place on the rack, round side down, and grill until golden, 5 to 6 minutes. Turn and brush again with the butter. Cook until the flesh is completely opaque but still juicy, 3 to 4 minutes more. Drizzle any remaining butter evenly over the fish.

Calories: 235

Fat: 10.0g

Saturated Fat: 6.0g

Protein: 33g

Carbohydrates: 1g

Cholesterol: 86mg

Sodium: 330mg

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